



BUSINESS PLAN

2020/2021

**'A West Lothian where everyone can live
a healthier, happier, longer life'**





CONTENTS

Contents	2
Introduction	4
Forward look	6
About Us	7
2019/20 Review	10
Company outline	11
Our Vision; Our Mission; Our values	13
Strategic Context	15
West Lothian – Market insight	18
Market focus	19 & 22
What does success look like...	23
Company Goals	25 & 26
Action Plan 2020/21	27 & 28
Finance	30
Budget forecast	31
2020/21 Revenue Budget	34
Key Results/Targets	35
Monitor and Review	38
Appendices	39
Our Health & Wellbeing Programmes	42
Ageing Well	42



Introduction

I am delighted to present West Lothian Leisure's Business Plan for 2020/21. The plan sets out our vision, values, business goals and actions for the financial year ahead. It also details the national and local outcomes we will contribute to. Clear targets will be set for each business goal and progress will be reported to the Board.

The Business plan will inform department and venue plans to ensure there is a 'golden thread' linking all our plans. This year's business plan sets out an agenda for change. Reconnecting with and leveraging our vision and charitable purpose will be centre stage and underpin our main themes: Improving Lives and Communities; Improving the Customer Experience; Business Growth and Business Improvement.



Dr Cindy Brook
Chair



Forward look

This business plan starts to map out a new and exciting direction of travel which will support the financial sustainability of the company going forward and enable it to meet its social objectives.

It is our belief that doing well (financially) and delivering social good (in our communities) are compatible objectives. The better we are at 'doing' business the more we can do to help those in our communities and who benefit most from our services. As an example the greater the reserves we are able to generate from improving the bottom line, the more we can invest in our life changing health and well-being programmes

An important focus this year will be to refresh and leverage our vision and charitable purpose. This year we are challenging ourselves to thinking more like a charity. This means:

- i) Understanding what problems we are uniquely positioned to solve
- ii) Increasing the amount of external funding we receive from donations and grant funding so we can scale up and run more programmes which support our social objectives
- iii) Raising public awareness that we are a charity and that every pound spent with us contributes to generating a surplus which is used to invest in improving the lives of people in West Lothian
- iv) Using our charitable purpose as our unique selling point to grow the business.

In addition this plan outlines our offer, key priorities and sets out our plan to deliver a balanced budget.



Tim Dent
Chief Executive

About Us

Background

West Lothian Leisure is a vision-led charity.

It is a Company Limited by Guarantee and has charitable status. Charities listed on the Scottish Charity Register must meet the charity test, which means: its purposes are charitable and that it provides public benefit.

WLL was incorporated on 1 February 1998 and provides sports, leisure, outdoor education and cultural facilities and activities. It operates as a not for profit distributing organisation and is a social enterprise which means any surplus is re-invested into the local economy to support our social objectives which in turn benefits local communities.

Our charitable purpose is enshrined in our Articles of Association: To advance education and provide facilities in the interests of social welfare with the object of improving conditions of life.

What We Do

Guided by our vision, we exist to improve lives and communities through sport, physical activity and culture.

The venues we manage provide a strong infrastructure of community leisure centres, community art and entertainment venues, swimming pools, sports halls, outdoor sports pitches, health and fitness, centres for sport and physical activity and centres of excellence for sports development, sports clubs, outdoor education and events.

Managing and operating venues is a large part of what we do - but WLL is much more than this. We also deliver 'social good' in West Lothian communities; for example through our exercise referral programmes for those with chronic health issues and exercise drop in sessions for those with mental health issues. We also manage an industry leading, Ageing Well programme - with over 33,000 visits p.a. it ensures there are attractive and affordable activities to support social inclusion and improve the health and wellbeing of older people.

When we talk about getting more people, more active, we include engaging more people in the arts and culture as well as sport, the outdoors, physical activity, health and fitness.





2019/20 Review

The early part of the 2019/20 financial year proved challenging due to wide spread restructuring of the company to address year on year, reduced public funding and other cost pressures. During the year we also continued to implement the Three Year Financial Plan (2019/20 to 2021/22) which aims to ensure the long term financial sustainability of the charity.

Despite these challenges, we were able to celebrate a number of achievements:

2019 TRP customer experience Gold Award for the second year

Nearly **2.8 million visits last year** – that’s over 7,565 visits every day.

300,153 visits from customer 60yrs+

731,008 visits by children aged 5-16yrs

29,210 attendances by children aged 4 and under

5,894 children attending swimming lessons each week.

327,309 attended fitness classes

65,360 visits through the Access Xcite Concession scheme

32,313 visits to the Ageing Well Project

299,000 hours of physical activity at Community High Schools

Usage by Sports Clubs increased by **15%**

1,045 GP referrals

110,075 Health referral Visits

Company Outline

Governance

We currently have 11 Directors who sit on our Board including 5 West Lothian Council Directors; 4 Independent Directors; 1 Employee Director and 1 Trade Union Director. The Board meets bi-monthly. The role of the Board is to strategically manage the organisation and set the framework within which the Chief Executive operates. This year we welcomed Sergio Tansini as a new independent Director.

In addition, The Board has an Audit and Finance Sub-Committee made up of Board members to review and monitor all the organisation's activities, policies and procedures in relation to corporate governance compliance.

A critical area of governance is risk management. To support this we have a comprehensive risk management policy. We also maintain and manage a strategic risk register with new risks added and regular reviews of medium and high priority risks. These are presented to the Board and the Audit and Finance Sub-Committee.

Management

The last 12 months have seen significant changes to our management team as part of the company restructure. This has resulted in a streamlined Leadership Team which has replaced the Senior Management Team and included a number of new appointments including Chief Executive, Head of Operations and Head of Finance.

The immediate priorities for the incoming Chief Executive were to ensure business continuity, consolidate the business, execute the outstanding company restructure as part of the Three Year Financial Plan and deliver a balanced budget. All of these objectives have either been achieved or are on track to be achieved.

WLL has started to emerge from these changes much leaner and committed to delivering a modern, high quality service that is fit for the future. We look forward to 2020/21 with optimism and an opportunity to reinvigorate the organisation and reconnect with our charitable purpose to improve lives and make a difference.



Partnership Working

By working collaboratively with valued partners we are far more effective, can deliver our company goals and contribute to strategic outcomes. We work with local government, national agencies, sports governing bodies and higher education, including:

West Lothian Council	NHS Lothian
sportscotland	SFA
Cycling Scotland	West Lothian College
West Lothian Youth Foundation	Creative Scotland
Community Leisure UK	

Our Vision; Our Mission; Our values

Our Vision - what we strive to achieve

A West Lothian where everyone can live a healthier, happier, longer life.

Our Mission - our purpose

An organisation that is at the heart of our growing community, helping residents to improve their well-being, and offering opportunities for all to make healthy lifestyle choices and enjoy cultural activities. Our service and facilities are best in class and our sustainable business practices enable us to re-invest for the benefit of future generations of West Lothian people. As a valued organisation that understands, cares about and engages with its community, we are the delivery partner of choice for West Lothian organisations responsible for improving people's lives through culture, education, sport and physical activity.

Our Values

Our values and standards underpin all that we do.

Integrity

Being honest, open and transparent in our dealings with our customers, colleagues and partners.

Respect

Treating people fairly and embracing equality and diversity.

Accountability

Standing up and taking responsibility for our actions.

Service

Listening and putting people at the heart of our decisions.



Strategic Context

We make a significant contribution to important strategic outcomes and priorities.

We also anticipate working closely with partners in 2020/21 to develop an Active West Lothian Strategy. This will set out West Lothian's strategic direction to get more people, more active and change lives.

National Outcomes

The Active Scotland Outcomes Framework is supported by a number of national strategies such as the National Strategy for Sport 'Reaching Higher' and sportscotland's Corporate Strategy 2019-21 'Sport For Life'. The vision set out in 'Sport For Life' is 'An active Scotland where everyone benefits from sport'.

We will also work with the Council and Creative Scotland on their priorities for the arts and culture within West Lothian, agree what contribution we can make to these priorities and build this into our business planning. Key to this is aligning with the new Culture Strategy for Scotland.

Local Outcomes

We contribute to the following strategic outcomes:

West Lothian Community Planning Partnership's Local Outcomes Improvement Plan 2013 – 2023

Outcome 4 – We live in resilient, cohesive and safe communities

Outcome 6 – Older people are able to live independently in the community with an improved quality of life

Outcome 7 – We live longer, healthier lives and have reduced health inequalities

Integration Joint Board (WL Health and Social Care Partnership) Strategic Plan 2016 – 2026

Outcome 1 – People are able to look after and improve their own health and wellbeing and live in good health for longer

Outcome 5 – Health and social care services contribute to reducing health inequalities

West Lothian Council's Corporate Plan

West Lothian Council is WLL's key partner. The Council's Corporate Plan identifies 8 priorities, we contribute directly to four of these. We also support the Council's, Active West Lothian, 'Changing Lives' agenda.

Priority 3 – Minimising poverty, the cycle of deprivation and promoting equality

Priority 4 – Improving the quality of life for older people

Priority 6 – Delivering positive outcomes on health

Priority 7 – Reducing crime and improving community safety





West Lothian – Market insight

West Lothian’s population and economy have undergone significant change in the last ten years and further changes will occur in future years. These changes have presented opportunities and challenges.

Demographics

- West Lothian has a population of about 177,150 accounting for 3.3% of Scotland’s total population.
- West Lothian has been one of the fastest growing parts of Scotland and is predicted to continue this trend, with projections that it will rise by over 19% by 2035
- Future growth will be concentrated in the Winchburgh area with over 3,450 new homes to be built alongside new schools a 75 acre park, marina and other infrastructure
- The average age is 39, compared with the Scottish average age of 41
- The West Lothian population is made up of 51% female and 49% male, with a higher than average proportion of working age people
- Over the next 25 years the population aged under 16 is projected to rise by 13% but the biggest area of growth will over 65’s
- It is anticipated that the number of 65-74 year olds will increase by 80% and the number of over 75’s by 151% by 2033.

Economy

- West Lothian’s economy has reacted positively to constant change over the last 30 years, moving from one that was dominated by manufacturing to strong growth in service sectors, including public services.
- The unemployment rate is currently below the national average and average pay is higher than the national average.

Inequalities

- Despite the local economy performing well - the average level of child poverty is 22% which means over 8,500 children are living in relative poverty in West Lothian
- The proportion of children in families dependent on out of work benefits or child tax credit is 47% which is higher than the Scottish average.
- Almost 9000 people in West Lothian live within some of the most deprived areas in Scotland.

Market Focus

Health and Fitness

Nationally the health and fitness market continues to grow. Much of this growth is attributed to the budget sector which continues to expand. Almost half of our earned income comes from health and fitness membership sales. Trading successfully enables us to provide a wide range of services in our communities, which would otherwise not be cost effective to do so - such as swimming pools, subsidised activities for those on low incomes and health and wellbeing programmes.

The health and fitness market in West Lothian is close to saturation. Membership rates in West Lothian exceed the UK health and fitness penetration rate of around 15% of the population.

The compelling reasons to take out an Xcite WLL membership are:

- Our 'whole health and fitness' offer - we can offer a wider range of activities and facilities, for example, swimming, sports hall activities and golf
- We include an unlimited number of one to one fitness assessments with a qualified instructor during the life of a membership
- We are a charity. Every pound of any surplus we make is reinvested in the local economy to support our social objectives and ensure everyone in West Lothian can live a healthier, happier, longer life.

This year we will develop and implement a retention strategy to support our aim to get members to stay with us longer. A key part of the strategy will be focussing on the first 30 days of membership and using data to identify 'at risk of leaving members', so we can put interventions in place.

Our 'pay and play' customers are also an important part of our business. This year we want to get better customer insight to inform future investment decisions, our activity programmes, pricing and marketing activity.

Improving services will be underpinned by moving as many customers as possible to on-line transactions. For example, it is far more cost effective for us and quicker and more efficient for the customer to sign up on-line, for membership. Our activity booking app goes from strength to strength and is another good example of embracing technology to improve our services and stay competitive.

Sport and physical activity

The sport and physical activity eco-system in West Lothian is complex and disjointed. In addition to Xcite venues managed by West Lothian there are secondary and primary school facilities (some of which are managed by WLL), community sports clubs with their own facilities, a range of other community groups who manage multi-purpose halls, informal outdoor activity space as well as a strong commercial sector.

Sports development including the Active Schools programme is primarily the responsibility of West Lothian Council. WLL manages spaces for local sports clubs to hire; manages the successful learn to swim programme and provides a variety of other coached sports sessions.

This year we will work closely with West Lothian Council to develop an Active West Lothian Strategy and a sports facilities strategy. Both strategies should make a difference in terms of setting out roles and responsibilities of all partners and clubs with a responsibility for sport and physical activity. Developing a West Lothian master plan for facilities for the next 5-10 years will help inform our investment decisions and ensure we can continue to provide safe and attractive venues and activity spaces - which we know play an important role in helping to get people active and ensuring they stay active for longer.



**Arts, culture and entertainment**

Much like sport and physical activity - the arts, culture and entertainment also have the power to improve the quality of people's lives. Our unique venue at Howden Park Centre has a 300 seat main auditorium, performance areas, meeting rooms, exhibition spaces and bar and catering areas. There is significant scope to develop this venue so that it returns to being an important community hub and a venue of regional significance.

We can do more to maximise the potential of the venue and develop a 'whole culture' offer. Commercially we have identified a number of areas which are not being fully exploited including: developing the conference, business meeting and weddings market, diversifying the events programme and staging more shows.

Early discussions with Creative Scotland about how we can access funding and value in kind have been positive.

The only comparable venue with a similar programme in West Lothian is Bathgate Theatre which is 7 miles away.

Outdoor activities

Low Port Centre is an outdoor activity centre in Linlithgow which provides outdoor outreach activities and indoor courses and community hires. It transferred to WLL in 2017. After a period of significant change and consolidation, we are now in a position to develop the programme and unlock the huge potential of this venue. We will continue to provide support to local schools and have a strong education element to the programme but our focus will shift from this being an outdoor education centre to an adventure centre.

There were c. 34,000 visits 2020/21. We have identified more we can do to work with national and local agencies to support the health and wellbeing agenda. We have also identified commercial opportunities which should increase visitor numbers in 2020/21.

Polkemmet Country Park is another valuable West Lothian asset which presents exciting opportunities for us to develop and expand our offer. We want more people in West Lothian to enjoy the physical and mental benefits of being outdoors.

There are no like for like competitors in the area however we note that the Winchburgh development master plan includes provision for water sports and 75 acre park.

What does success look like...

1. A financially strong and sustainable business
2. Contributing to strategic outcomes
3. Our charitable purpose and vision at the heart of everything we do
4. Improving lives - delivering social impact

Strengths

- Refreshed leadership team
- Dedicated and passionate staff
- Attractive, well presented venues
- Strong partnership working
- Excellent customer service
- Relatively low level of public funding

Weaknesses

- Lack of funding for capital investment projects
- Organisational capacity – human resources
- Outdated systems and processes
- Some under-performing venues
- Range of services not yet fully integrated
- Too many products and prices
- Under-utilisation of technology and data

Opportunities

- Membership growth
- Access external funding
- Maximise use and income at target venues
- Increased awareness of the benefits of social prescribing
- Scale up health and wellbeing programmes
- Leveraging our vision and social impact
- Digital transformation – improve efficiency and effectiveness
- Growth in local population

Threats

- National context – public funding constraints
- Very competitive commercial environment
- Policy constraints
- Budget pressures on horizon
- Ageing facility stock
- Weak economy/customer confidence
- Ageing population



Company Goals

These goals will inform our action plans and targets for 2020/21 and enable us to contribute to strategic outcomes

Improving Lives and Communities

We want to get more people more active to improve health and reduce health inequalities

Our Aims

- Scale up our health and wellbeing programmes
- Put our vision and charitable purpose at the heart of all we do
- Provide more opportunities for the inactive to get started and stay active
- Provide more opportunities for all ages and abilities to improve their health

Improving the Customer Experience

We want to provide high quality and engaging activities and ensure customers feel valued and listened to

Our Aims

- To deliver excellent and innovative customer service
- Invest in safe, sustainable and attractive venues and activity spaces
- To develop more effective customer communications
- To better understand our customers through insight and feedback

Growing the business

We want to become a financially secure and sustainable business so we can invest more and do more, to improve lives

Our Aims

- Increase sales and the length of time our members stay with us
- Review our products, prices and programming
- Maximise use and revenue from under-utilised venues
- Diversify our income streams
- Carefully manage and account for every pound we spend

Improving the business

We want to become a more efficient, more agile and more effective organisation and a company our employees are proud to work for

Our Aims

- To be recognised by employees as an excellent organisation to work for
- Improve our systems and processes
- Review what more we can do to be an environmentally responsible business
- Adopt the principles of continuous improvement in all areas of our business

PARTNERSHIPS

PEOPLE

PLACES



Action Plan 2020/21

Improving Lives and Communities

Our Aims	Making it Happen - Actions
1. Scale up our health and wellbeing programmes	<ul style="list-style-type: none">• Develop and present grant funding proposals to increase resources and staff capacity to do more• Work closely with partners to identify new programmes we can deliver to improve lives
2. Put our vision and charitable purpose at the heart of all we do	<ul style="list-style-type: none">• Refresh and leverage our vision• Ensure our vision is communicated relentlessly - internally and externally• Increase public awareness of our charitable purpose and that we are a charity
3. Provide more opportunities for the inactive to get started and stay active	<ul style="list-style-type: none">• Work with partners to ensure a joined up approach to getting the inactive, active• Increase the number of visits from our target groups
4. Provide more opportunities for all ages and abilities to improve their health and wellbeing through sport, physical activity and culture	<ul style="list-style-type: none">• Regularly review our activity programmes, prices and services – particularly those aimed at children and older people – and ensure they meet the customer's needs• Work with partners to develop a joint Active West Lothian Strategy

Growing the Business

Our Aims	Making it Happen - Actions
1. Increase sales and the length of time our members stay with us	<ul style="list-style-type: none">• Refresh our website and branding• Develop and implement a sales and retention plan• Use data to identify members at risk of leaving and design interventions
2. Review our products, prices and programming	<ul style="list-style-type: none">• Ensure prices are fair, reflect the market, remain affordable and better reflect service costs• Carry out a comprehensive review of membership products and activity programmes• Carry out a catering review
3. Maximise use and revenue from under-utilised venues	<ul style="list-style-type: none">• Develop the programmes, maximise use and increase revenue at:<ul style="list-style-type: none">- Howden Park Centre- Low Port Centre- Community access to schools
4. Diversify our income streams	<ul style="list-style-type: none">• Appoint a Fundraising Manager to drive revenue from grants, donations and gifts
5. Carefully manage and account for every pound we spend	<ul style="list-style-type: none">• Deliver year 2 of our Three Year Financial Plan efficiencies• Through effective procurement drive down costs and deliver best value

Improving the Customer Experience

Our Aims	Making it Happen - Actions
1. Deliver excellent and innovative customer service	<ul style="list-style-type: none">• Review and improve the customer journey• Continuously review and act on customer feedback• Continue to achieve industry leading Net Promoter Scores and achieve the TRP Gold Award• Harvest and act on staff suggestions about how we can improve
2. Invest in safe, sustainable and attractive venues and activity spaces	<ul style="list-style-type: none">• Continue to embed a strong Health and Safety culture in the organisation• To have an annual maintenance plan in place• To work with partners on a West Lothian facilities strategy• Identify opportunities to re-provision existing venues
3. Develop more effective customer communications	<ul style="list-style-type: none">• Improve communications and raise awareness and profile through our digital and social media platforms
4. To better understand our customers through insight, data and feedback	<ul style="list-style-type: none">• Regularly review and act on NPS member feedback• Commission a customer satisfaction survey• Obtain better data, market research and customer insight to inform business decisions

Improving the Business

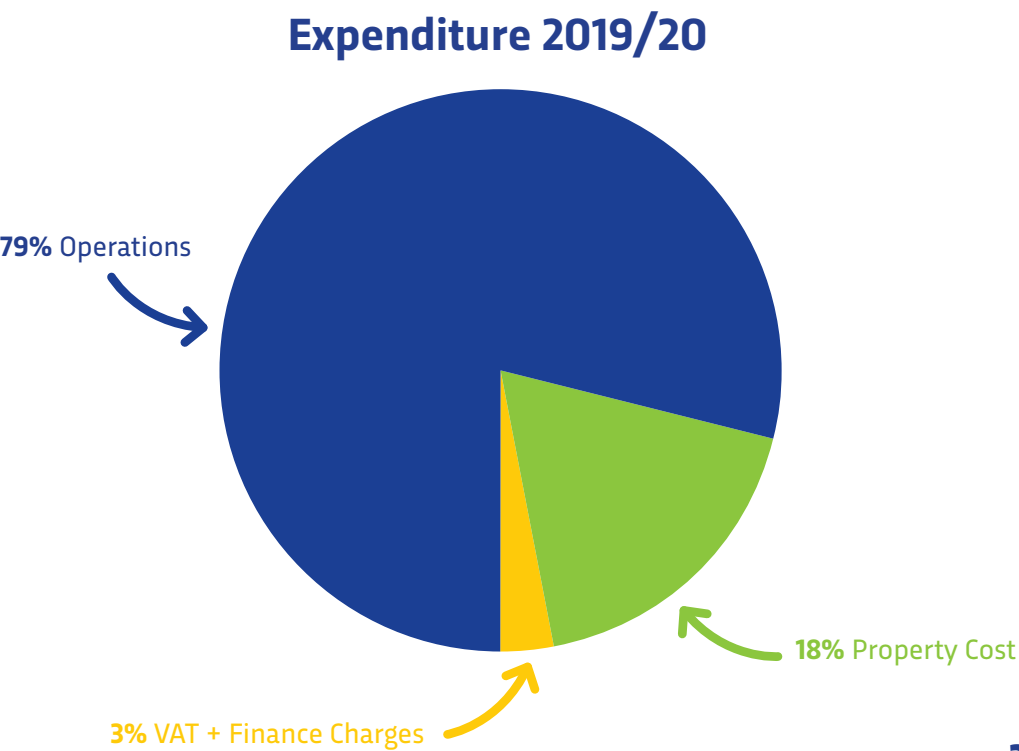
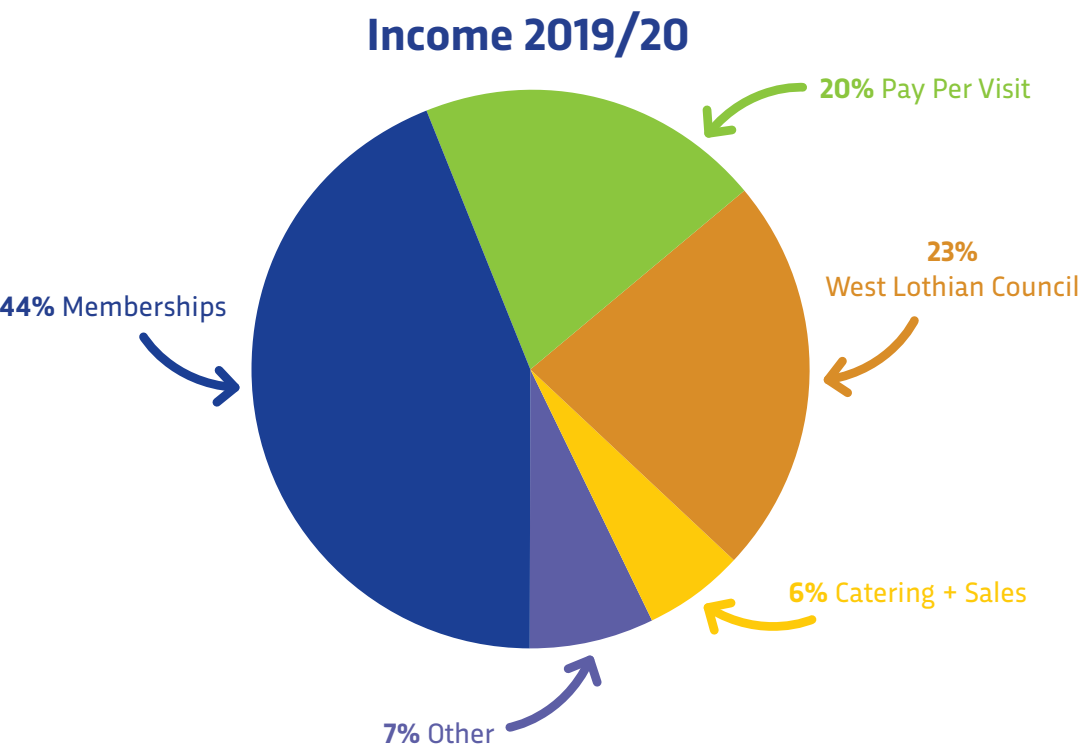
Our Aims	Making it Happen - Actions
1. To be recognised by employees as an excellent organisation to work for	<ul style="list-style-type: none">• Review benefits of becoming a corporate member of the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) and/or other professional bodies• Carry out a staff engagement survey and act on recommendations• Streamline our learning and development plan and move to on-line learning where possible• Develop a learning and development plan which ensures our employees have the skills they need to do their job and are able to progress to the next step
2. Improve our systems and services through digital transformation projects	<ul style="list-style-type: none">• Transition systems and processes onto digital platforms• Upgrade our IT systems• Move payroll on to the Council's digital platform
3. Become a more environmentally responsible business	<ul style="list-style-type: none">• Develop an affordable action plan - Identify and implement environmentally responsible initiatives• Create environmental champions at all venues
4. Adopt the principles of continuous improvement in all areas of our business	<ul style="list-style-type: none">• Continually review and improve systems, processes and protocols• Identify and adopt best practice and new developments through network events and industry publications



Finance

In 2019/20 we delivered a balanced budget. Our income and expenditure was £12.7m this is how it was apportioned.

2019-20 Budget

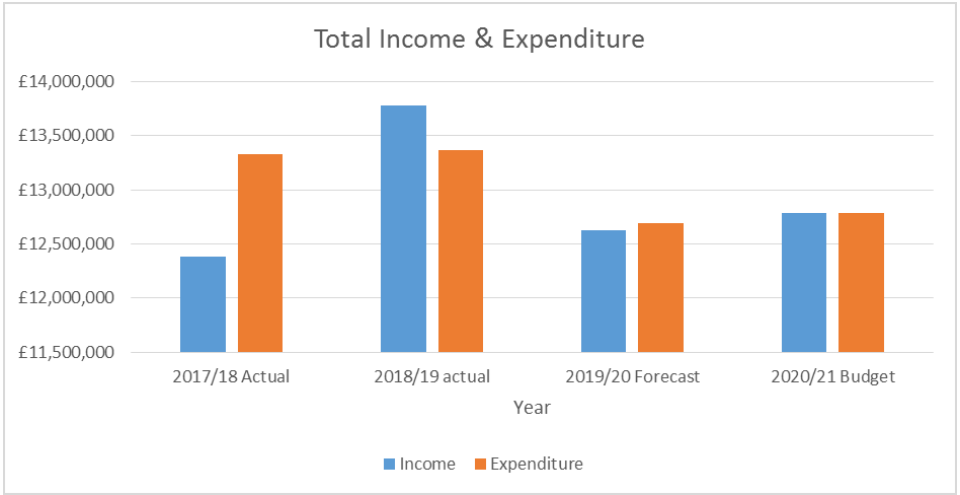


Budget Forecast

The table below demonstrates how WLL has reduced expenditure in the last 12 months to meet the new reality of reduced and reducing public funding. WLL now earns 78% of it's total income. Our public funding is one of the lowest in Scotland.

The aim for 2020/21 is to deliver a balanced budget. Some income growth is forecast but it is likely this will only be sufficient to cover an increase in operational costs e.g. staff pay award, increase in utilities costs and building maintenance/repairs among others.

Table 1 – Income and expenditure from 2017 to 2021



*2018/19 income includes £1.3m service fee from West Lothian Council to fund the company restructure as part of the Three Year Financial Plan 2020/21 Revenue Budget





2020/21 Revenue Budget

Table 2 – 2020/21 Revenue Budget

	FORECAST	BUDGET
	2019/20	2020/21
	£'000	£'000
Income		
Membership	5,520	5,811
Other earned income	4,037	4,061
Service fee WLC	2,944	2,812
Misc. income	73	73
Total Income	12,574	12,757
Expenditure		
	£'000	£'000
Employee costs	7,230	6,963
Utilities	1,241	1,295
Maintenance	680	850
Depreciation	385	385
Other	3,068	3,264
Total Expenditure	12,604	12,757
Surplus / (Deficit)	(30)	0

Key Results / Targets

The Key Results above are designed to provide measures that link to our key aims and outcomes. These are supported by a range of other indicators measured and monitored locally.

Table 3 – Key Performance Indicators

	2019/20 Actual	2020/21 Target
Customer Results		
Net Promoter Score	64	60
Total Number of Customer Visits	2,761,125	600,108
E-Communication:		
Website Visits	746,981	597,585
Facebook Followers	15,881	16,675
Other Social Media	3,198	3,838
App Hits	1,695,118	847,559
App Downloads	14,092	30,100
Number of Members (the number people who have a membership package paying by direct debit or annually in advance)	21,530	15,000
People Results		
Employee Turnover (The proportion of employees with contracted hours that have left the organisation)	23%	20%
Sickness Absence Rate (The proportion of hours that staff have reported sick of the hours scheduled)	4.40%	6%
Society Results		
Number of Concessionary Scheme Visits	65,360	13,577
Energy consumption: Kwh per visit	6.416%	20.9%
Number of Outreach STEP's visits per month (the number of visits to our health & wellbeing classes out-with the buildings we manage)	33,213	

The targets for 20/21 have been adjusted to take into account the impact of the coronavirus pandemic lockdown which will result in the temporary closure of venues and services.





Monitor and Review

The Business Plan is owned by the Leadership Team (LT) and actions and performance tracked at monthly LT meetings. This will also include ongoing progress towards the goals within Year 2 of the Three Year Financial Plan.

Bi-monthly performance reports, including progress towards key result targets, are reported to the Management Team and to the Board, and bi-monthly finance reports are presented to the Audit and Finance Sub Committee.

Bi-monthly performance reports are presented to the WLL Advisory Committee.

An Annual Report is published on our website

Appendices

Our facility portfolio:

WLL is responsible for the management and operation of the following venues:

Xcite Armadale

25 m swimming pool
Baby Teaching Pool
Sauna & Steam Room
Gym

Xcite Bathgate

25 m swimming Pool, 12.5 m teaching Pool
Sauna & Steam Room, Spectating Gallery
Gym, Soft Play, Café, Fitness Studios x 3
Cycle Studio, TRX Functional Training Room
Indoor Bowling Hall, Rubb Sports Hall x 3 courts
Seminar Room, 5z astro pitches x 4
Full size 3G pitch , Grass pitches, 9 hole Golf Course

Xcite Broxburn Sports Centre

Gym, Sports Hall, 3 Studios, 2 x 3G football pitches

Xcite Broxburn Swimming Pool

25 metre swimming pool, soft play

Xcite Craigswood

Gym, Sports Hall, 3 Studios, 4 x 3G football pitches, athletics track & pavilion, soft play, 4 x 11 a side grass football pitches,

Xcite East Calder

Sports Hall, x2 3G pitches, Gym

Xcite Linlithgow

Leisure Pool 20mx10m
Splash Pool 0.3m at deepest point with chute and features
Sauna and Steam room, Gym, Functional training area (within gym), Fitness studios x 2, Cycle studio, Kids Party area
Soft Play, Café, Sports Hall (Wooden sprung floor)
Therapy Room – (external business for physio and sports massage), Full Size 11 a side outdoor 3G pitch (floodlights)
5z 3g pitches x 2 (floodlights), Outdoor Tennis court x1 (floodlights), Grass Pitches football x2, Grass pitch Rugby x1
Outdoor Sports Pitch pavilion for changing

Xcite Livingston

Leisure pool, Health Suite, Studio, Gym, Cafe

Xcite Whitburn

25 m swimming Pool, 12.5 m teaching Pool
Sauna & Steam Room, Spectating Gallery, Gym
Soft Play, Fitness Studio, Cycle Studio

Howden Park Centre, Arts and Entertainment Centre, Livingston

Auditorium, Space1, 2, and 3, Gallery, Café Bar and Bistro (including kitchen), meeting rooms, Arts room (potter/kiln)

Low Port Centre Outdoor Education and Activity Centre, Linlithgow

Main Hall – 2 badminton courts, Climbing Wall
GP Room, Lounge/meeting room , Lab/classroom area
Dining room with separate seating area, Changing rooms

Polkemmet Country Park Golf Course and Range, Whitburn

9 hole Golf Course, Driving Range
Snacks/drinks/golfing related equipment for sale

Community Access to Sports & Cultural Facilities at West Lothian's 8 Secondary Schools.



Our Health and Wellbeing Programmes

1st Steps to Health & Wellbeing

Exercise referral programme that provides a course of structured exercise & activity

Keep Going Maintenance Classes

A circuit based group exercise class created for referrals from any Rehabilitation programme to help with every day movement patterns delivered in Xcite venues and community venues

Easyline Referral classes

Easyline Exercise group based activity for those on Referral membership delivered in Xcite venues

Ward 17

Easyline Exercise group based activity within the mental health ward at St John's hospital

Pulmonary Rehabilitation (COPD)

A group based Education/activity delivered by NHS Physiotherapists & Xcite H & W consultants . Delivered in a Broxburn & Bathgate Primary Care centres

Get Going

Family healthy lifestyle programme that offers support to help your child get active, eat well and achieve a healthier weight. Delivered in various Xcite or community venues

Get Moving Counterweight

Adult Healthy lifestyle 12 month group programme which supports you to make small changes to your diet and lifestyle to help you to manage your weight and become more active. Delivered in various Xcite or community venues

Child Healthy Lifestyle School Programme

6 Week class activity to promote healthy lifestyle through Education, Fun & Games .Delivered in 6 primary schools in Bathgate area

Diabetes & Parkinson Easyline Class

Specific group Exercise based classes delivered by H&W consultants in Xcite venue

Ageing Well “Changing Lifestyles” Project

Tea Dances

Live music, Ballroom, Latin, Sequence ,social dance with Tea /Coffee and socialising time.

Ballroom and Latin Dance Classes

Beginners dance classes delivered by Professional Ballroom and Latin dance teachers.

Linedance

Modern linedance classes for Beginners, Improvers and Intermediate level dancers.

Walking Groups

Range of Health Walks across West Lothian lead by qualified Volunteer Walk leaders

Walking Netball

Weekly class lead by Ageing Well Volunteers based on the original Netball game which has been adapted at lower level.

New Age Indoor Kurling

Form of the Original Kurling game adapted so that it can be played indoors.

Tai Chi

Martial Arts programme based on sequence of moves to improve strength, balance, co-ordination and muscle memory.

Gentle Exercise class

lower level activity including aerobic and strength components.

Buddy Swimming programme

Lead by Ageing well volunteers in the water designed to increase water confidence, support and companionship.

Knit and Natter

Opportunity to meet new people whilst knitting and chatting. Tea coffee social time. Group also knits for charity.

Arts and Craft

Paper crafts, card making, decoupage, knitting sewing anything crafty.

Singing for health

Relaxed singing sessions lead by Live musician.

Paracise

A gentle effective workout designed to improve strength, mobility, flexibility and balance. Low impact 45min programme.

Seated Exercise

low level activity for those who require to remain seated during exercise this is a fun activity session to music. Lead by trained volunteers.

Young at Heart Social Afternoons

Social activity to live music, dance sing, quiz and companionship.

Environmental Group

Interest in the environment, monthly sessions including educational talks, outings and hands on activities.

Sporting memories

reminiscence programme based on wide range of sports.



